

Health and Safety for workers and site residents is a major component of the Institutional Controls Program (ICP). Anytime construction projects uncover contaminated soil or dust it is important that precautions be taken to reduce the potential for exposure to people.
Remember

**Lead is taken into the
body in two ways.**

By:

1. **Swallowing it** - in lead contaminated dirt, dust or paint...

Or

2. **Breathing it** - inhaling air contaminated by lead dust.

Realizing that lead is prevalent in your environment allows you to manage your activities so contact is minimized. Past programs in the Silver Valley have proved to be extremely effective in reducing contact with lead.

To avoid exposure while conducting home remodeling projects follow the advice listed in the Building Renovation-Interior Projects and Interior Projects brochures provided by Panhandle Health District.

For extensive excavation and demolition activities follow the advice provided in the Health and Safety Plan provided for large projects.

While working on small projects around the home and yard we recommend that you:

- Avoid hand to mouth activities while working in or around soil and dust. These include smoking, chewing tobacco or eating.
- Wear coveralls when working with soils and dust.
- Launder dirty coveralls and other garments separately from other household laundry. Soiled clothes should be stored in a plastic bag.
- Boots should be brushed off or washed prior to leaving the work site or entering the house.
- Avoid exposing yourself or others, especially young children or expectant mothers to contaminated soils, dust, clothing, tools, etc.

- Control dust by wetting soils prior to digging - do not over wet.
- Control soil erosion.
- Wash your hands thoroughly prior to eating.
- Shower or bathe as soon as you have completed the project or quit for the day.